

# HUMPHREY YOGURT

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## PRODUCT NUTRITIONAL INFORMATION

### YOGURT – VANILLA (SWEET & TART) & CHOCOLATE

Per One Ounce of Yogurt (No Blend-Ins)

	Vanilla	Chocolate
<b>Calories</b>	16	17
<b>Fat</b>	0 gm	0 gm
<b>Protein</b>	2 gm	2 gm
<b>Carbohydrates</b>	4.25 gm	4.25 gm
<b>Sodium</b>	10 mg	11 mg
<b>Cholesterol</b>	0	0
<b>Dietary Fiber</b>	0	1
<b>Sugars</b>	3.25 gm	3.25 gm
<b>Calcium</b>	10% of daily	10% of daily

#### **Nonfat Sweet Vanilla Yogurt and Nonfat Tart Vanilla Yogurt**

Grade A Skim Milk (contains viable yogurt cultures *Lactobacillus bulgaricus*, *Streptococcus thermophilus* and *Lactobacillus acidophilus*), Fructose, Nonfat Dry Milk, Xanthum, Guar Gum, Whey, Lecithin, Carrageenan, Pure Vanilla, Annatto Seed.

#### **Nonfat Chocolate**

Grade A Skim Milk (contains viable yogurt cultures *Lactobacillus bulgaricus*, *Streptococcus thermophilus* and *Lactobacillus acidophilus*), Fructose, Nonfat Dry Milk, Xanthum Gum, Guar Gum, Whey, Lecithin, Carrageenan, Pure Vanilla, Annatto Seed.

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### COCONUT BLISS

Serving Size 1/2 Cup

#### Amount Per Serving

Calories 280

Fat Calories 130

#### Daily Value\*

<b>Total Fat</b>	17g	26%
Saturated Fat	15g	75%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	35mg	1%
<b>Total Carbohydrate</b>	16g	5%
Dietary Fiber	1g	4%
Sugars	12g	
<b>Protein</b>	1g	

Vit. A 0%    Vit. C 0%    Calcium 0%    Iron 4%

\*Percent Daily Values (DV) are based on a 2,000-calorie diet

**Ingredients:** Organic Coconut Milk (Organic Coconut, Water, Organic Guar Gum\*), Organic Agave Syrup, Organic coconut cream, Organic Dried Coconut, Organic Coconut Extract, Organic Vanilla Extract.

*\*A tiny amount of organic guar gum (less than 0.35%), which is made by grinding the fiber-rich Indian guar bean, to help maintain Coconut Bliss's creamy texture.*

USDA organic, verified non-GMO, K Pareve

# HUMPHREY YOGART

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## PRODUCT NUTRITIONAL INFORMATION

### DREAM DELITE VANILLA

Serving Size 1/2 Cup

#### Amount Per Serving

Calories 36 Fat Calories 0

		Daily Value*
<b>Total Fat</b>	0g	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	40mg	2%
<b>Total Carbohydrate</b>	8g	3%
Dietary Fiber	1g	4%
Sugars	7g	
<b>Protein</b>	1g	

Vit. A 0%    Vit. C 0%    Calcium 15%    Iron 0%

\*Percent Daily Values (DV) are based on a 2,000-calorie diet

**Ingredients:** Water, Crystalline Fructose, Sweet Milk Whey, Cocoa (chocolate only), Cultured Nonfat Milk, Maltodextrine, Cellulose Gum, Xanthan Gum, Carrageenan, Probiotic Culture Blend (Lactobacillus acidophilus, L. bulgaricus, Bifidobacterium bifidum, Streptococcus, Thermophilus), Silicon Dioxide, Vanilla Flavor.

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## PRODUCT NUTRITIONAL INFORMATION

### CARB D'LITE VANILLA

Serving Size 1/2 Cup

#### Amount Per Serving

Calories 32 Fat Calories 0

		Daily Value*
<b>Total Fat</b>	0g	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	50mg	2%
<b>Total Carbohydrate</b>	7g	3%
Dietary Fiber	0g	0%
Sugars	3g	
Sugar Alcohols	1g	
<b>Protein</b>	1g	

Vit. A 0% Vit. C 0% Calcium 10% Iron 0%

\*Percent Daily Values (DV) are based on a 2,000-calorie diet

**Ingredients:** Water, Sweet Milk Whey, Xylitol, Maltodextrine, Cocoa (chocolate only), Cellulose Gum, Xanthan Gum, Carrageenan, Vanilla Flavor, Probiotic Culture Blend (Lactobacillus acidophilus, L. bulgaricus, Bifidobacterium bifidum, Streptococcus thermophilus), Sucralose.

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## PRODUCT NUTRITIONAL INFORMATION

### VANILLA BEAN SOY CREAM

Serving Size 1/2 Cup

#### Amount Per Serving

Calories 180

Fat Calories 70

		Daily Value*
<b>Total Fat</b>	8g	12%
Saturated Fat	0.5g	4%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	90mg	4%
<b>Total Carbohydrate</b>	26g	9%
Dietary Fiber	<b>less than 1g</b>	3%
Sugars	21g	
<b>Protein</b>	2g	

Vit. A 0%    Vit. C 0%    Calcium 0%    Iron 4%

\*Percent Daily Values (DV) are based on a 2,000-calorie diet

**Ingredients:** Organic Soy Milk (filtered water, organic soybeans), Organic Cane Sugar, Oleic Safflower Oil, Non-GMO Brown Rice Syrup Solids, Natural Flavor, Sea Salt, Guar Gum, Carob Bean Gum, Carrageenan, Ground Vanilla Beans.

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## PRODUCT NUTRITIONAL INFORMATION

### ICE CREAM

Serving Size 1/2 Cup

#### Amount Per Serving

<b>Calories</b>	350	Fat Calories	190	
				<b>Daily Value*</b>
<b>Total Fat</b>	21g			33%
Saturated Fat	11g			57%
Trans fat	0g			
<b>Cholesterol</b>	65mg			21%
<b>Sodium</b>	125mg			5%
<b>Total Carbohydrate</b>	26g			9%
Dietary Fiber	1g			6%
<b>Sugars</b>	24g			
<b>Protein</b>	6g			

Vit. A 10%    Vit. C 0%    Calcium 10%    Iron 8%

\*Percent Daily Values (DV) are based on a 2,000-calorie diet

**Ingredients:** Cream, Milk, Cane Sugar, Peanut Butter (peanuts, peanut oil, salt, fudge chips (sugar, coconut, cocoa, butter oil, soy lecithin, vanilla), Egg Yolks, Natural Vanilla Flavor, Carob Bean Gum, Guar Gum.